

C L E A N S E

Coconut Yogurt

Prep Time: 10 minutes-total / 24 hrs to activate | Servings: 4 (1/2 cup servings) Calories: 229kcal

Ingredients

- 3/4 cup (180ml) full-fat canned coconut milk/cream (shake, then pour)
- 2 cups (360g) young coconut meat (optional)
- 1/2 teaspoon (1g) probiotic powder (contents of 1 to 2 capsules)
- 1 tablespoon (15ml) fresh lemon juice, plus more to taste
- 1 teaspoon (5ml) natural vanilla extract, plus more to taste
- 2 teaspoons (8g) Lakanto, plus more to taste (optional)

Instructions

- Throw the coconut milk (and coconut meat) into your blender and blast on high for 30 to 60 seconds, until smooth and creamy. The mixture will be very thick.
- Transfer this mixture to a glass or ceramic bowl. With a nonreactive wooden or plastic implement (not stainless steel), stir in the probiotic powder.
- Cover the mixture with cheesecloth (or a very thin, clean dish towel – something that lets air in but keeps bugs out) and secure with a rubber band.

ACTIVATING

PROTEIN BOOSTERS

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| • hemp seeds (add more) | • chia seeds |
| • walnuts, raw (activated)(add more) | • flaxmeal |
| • almonds, raw, sliced (activated) | • pumpkin seeds, raw (activated) |
| • almonds, blanched, slivered (activated) | • sesame seeds, raw (activated) |
| • almond butter (raw) | • sunflower seeds, raw (activated) |

*Stir through any of the boosters into the yogurt or serve on top with fruit.

If you add fruit to this yogurt it is best consumed for breakfast.

Nutrition

Calories: 229kcal | Carbohydrates: 7g | Protein: 2g | Fat: 22.5g | Saturated Fat: 19.9g | Sodium: 14mg | Potassium: 241mg | Fiber: 4g | Sugar: 3g | Calcium: 13mg | Iron: